

FEATURES

The National Basketball Academy has developed programs all over the United States and overseas. We have developed an intense program focused on fundamental skills training.

*Point Moves
Jab Series
Ball Screen Series
Movement off the Ball
Defensive Footwork*

"This program is for players that want to be pushed to the next level. If you don't want to work hard don't sign up."
-Eric Love



TYPICAL DAY

12:00pm - Warm-up and Stretch
12:15pm - Basketball Speed, Strength, Agility Set
12:45pm - Fundamental Ballhandling
1:05pm - Water Break
1:10pm - Change of Speed and Direction Ballhandling
1:55pm - Game Situations
1 on 1, 2 on 2, 3 on 3
2:15pm - 5 on 5 Controlled Game Situations
2:35pm - Basketball Speed and Strength Set
2:50pm - 4th Quarter Shooting
Learn how to shoot when you're exhausted

GENERAL INFORMATION

Boys & Girls Ages 13-17

Registration is limited to the first 30 athletes per session. See coupon for session dates.

*Imperial Park Recreation Center
234 Matlage Way
Sugar Land, TX 77478*

EACH KID WILL RECEIVE

Academy Challenge Shirt
Jump Rope
Individual Evaluation
Leg Bands
Video Analysis

STAFF

Eric Love Director

Coaching/ Training Experience.

Student athlete, playing basketball at Pfeiffer University and Walsh University. AMC Conference Champions three years in a row.

Played for the ABA Cleveland Rockers.

Trained professional basketball players such as Zydrunas Ilgauskus and CJ Clark. Directed NBA player camps for Chase Budinger, Jordan Hill, Patrick Patterson, and Chandler Parsons.

Works with all ages and skill levels throughout the year.

"I have been very lucky to learn multiple coaching and training styles from some of the best and my goal is to pass on some of the fundamental training concepts in this 3 day program that will give each player a detailed development plan for the off-season."

